



Eurythmy Rhythm, Dance (Rudolf Steiner's Ideas in Practice Series)

Thomas Poplawski

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A concise and fully illustrated introduction to the principles and practice of Eurythmy, the new art of movement initiated by Rudolf Steiner at the turn of the century.

A brief survey of dance from its origin in the ancient mysteries to its contemporary forms places Steiner's ideas in their historical context. His insight into the hidden laws of movement--a realm of formative forces designated by Steiner as the etheric--is described and explained. Eurythmy is shown to be speech and music made visible, an objectively artistic expression of the spirit of word and tone.

Aspects of eurythmy training and stage performance are discussed, along with the important role of eurythmy in both education and therapy.

From the Rudolf Steiner's Ideas in Practice series.

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